

# FUNDAMENTAL GYMNASTICS

# GOALS



## SWINGING/CLIMBING

FLIP UNDERS

FRONT SUPPORT SWINGS

FRONT ROLL OFF BAR

SIDE SHIMMIES

## LANDING/BOUNCING

SAFETY LANDINGS

FRONT, SIDE, & BACK ROLLS

BOUNCING SHAPES

## BALANCING

VARIOUS WALKING SHAPES

VARIOUS WALKING DIRECTIONS

JUMPING ON BALANCE BEAM

1-FOOT BALANCE CONTROL

## TUMBLING

LEVER KICK

CARTWHEEL CONCEPT

HANDSTAND HOLD ON WALL

BRIDGE WALKS

## STRENGTH

PUSH-UPS

SIT-UPS

HOLLOW CRUNCH SHAPE

ROPE HANG

CHIN HOLD

L HOLD